

Outdoors July 11 2026

EVENT	AGE	MARK	FIRST NAME	LAST NAME	DATE	Venue
100m	M30	11.31	Jeff	Graham	16-Aug-25	AO Masters Champs
100m	M35	11.46	Boris	Davidovic	22-Jul-25	Toronto, ON
100m	M40	10.90	Anthony	Garber	22-Jul-25	Toronto, ON
100m	M45	11.56	Chris	Warbuton	28-Jun-14	OMA championships, Varsity Centre, Toronto, ON
100m	M50	11.83	Chris	Lemassif	12-Aug-17	NCCWMA Championships, PanAm Stadium, Toronto
100m	M55	12.29	Chris	Lemassif	27-May-23	Twilight #1, York U, Toronto
100m	M60	13.63	Dave	Williams	6-Aug-22	OMA Championships, York U
100m	M65	14.11	Dave	Williams	25-Jul-23	Twilight #3, York University, Toronto
100m	M75	18.70	Bill	McIlwaine	27-Jun-15	OMA Championships, Terry Fox Field, Brampton, ON
100m	M80	15.86	Tony	Powell	16-Aug-25	AO Masters Champs
100m	W30	12.38	Eseroghene	Omene	31-May-16	Twilight #2, Varsity Centre, Toronto, ON
100m	W35	12.54	Khama	Beckles	22-Jul-14	Twilight #6, Varsity Centre Toronto ON
100m	W40	13.32	Violeta	Garfunkel	18-Jul-17	U of T Twilight Meet #2 Varsity Centre, Toronto, ON
100m	W45	13.34	Violeta	Garfunkel	6-Sep-18	WMA Championships - Malaga - Spain
100m	W50	13.53	Debbie	Zinmann	21-Jul-19	NCCWMA, Varsity Centre, Toronto, ON
100m	W55	14.61	Debbie	Zinmann	16-Aug-25	AO Masters Champs
100m	W60	14.68	Renata	Macherzynska	6-Sep-18	WMA Championships - Malaga - Spain
100m		14.68	Renata	Macherzynska	6-Aug-22	OMA Championships, York U
100m	W65	14.64	Renata	Macherzynska	16-Aug-25	AO Masters Champs
200m	M30	23.02	Jeff	Graham	17-Aug-25	AO Masters Champs
200m	M35	23.61	Andre	Mitchell	29-Jul-12	OMA Championships, Varsity Centre, Toronto, ON
200m	M40	23.24	Chris	Lemassif	August, 2009	WMA Outdoor Championships, Lahti FN
200m	M45	24.02	Jay	Foubert	17/18-July-2015	CMA Champs, St. Catharines, ON
200m	M50	24.09	Chris	Lemassif	12-Aug-17	2017 NCCWMA & CMA championships
200m	M55	25.05	Chris	Lemassif	14-Jun-22	Twilight #3, Varsity Centre, Toronto
200m	M60	28.62	Dave	Williams	7-Aug-22	OMA Championships, York U
200m	M65	29.49	Dave	Williams	25-Jul-23	Twilight #3, York University, Toronto
200m	M75	39.63	Phillip	Swift	20-May-25	YUTC Twilight #1
200m	M80	33.96	Tony	Powell	17-Aug-25	AO Masters Champs
200m	W30	25.39	Eseroghene	Omene	13-May-16	Twilight #2, Varsity Centre, Toronto, ON
200m	W35	26.11	Khama	Beckles	Oct-13	WMA Championships, Porto Alegre BR
200m	W40	27.56	Violeta	Garfunkel	13-Aug-17	NCCWMA Champs Pan Am Stadium - Toronto
200m	W45	27.62	Violeta	Garfunkel	1-Jul-18	Hamilton Canada Day Twilight
200m	W50	28.88	Debbie	Zinmann	1-Jul-19	Hamilton Canada Day Twilight
200m	W55	31.85	Debbie	Zinmann	17-Aug-25	AO Masters Champs
200m	W60	31.14	Renata	Macherzynska	9-Sep-18	WMA Championships - Malaga - Spain
200m	W65	31.20	Renata	Macherzynska	30-Jun-24	OMA Championships, York U
400m	M30	52.23	Andre	Mitchell	19-Jun-11	CMA Outdoor Champs, Varsity Centre
400m	M35	51.14	Connor	Bays	28-Jul-25	YUTC
400m	M40	51.60	Chris	Lemassif	August, 2009	WMA Outdoor Championships, Lahti, Finland
400m	M45	51.26	Mike	Sherar	Jul-09	WMA Champs, Lahti FI
400m	M50	53.07	Mike	Sherar	18-Jul-14	US National Champs, Winston-Salem, NC
400m	M55	55.63	Mike	Sherar	26-May-19	Hamilton, ON
400m	M60	67.64	Duncan	Greenshields	July, 2011	WMA Championships, Sacramento, CA
400m	M65	76.74	Dave	Williams	29-Jul-23	OMA championships, York U, Toronto
400m	M70	88.08	Gary	McColeman	4-Jun-16	OMA Mini Meet Varsity Centre, Toronto ON
400m	M75	83.17	Vern	Christensen	28-Aug-16	America Masters Games, Vancouver, BC
400m	W30	55.55	Eseroghene	Omene	31-Mar-16	Florida Relays, Gainesville, FL
400m	W35	56.83	Sarah	Katz	19-Jul-14	AO Champs, Terry Fox AF, Ottawa, ON
400m	W40	67.35	Kate	Cochrane-Brink	5-Jun-11	OMA Champs, Varsity Centre, Toronto, ON
400m	W45	64.01	Nancy	Catton	12-Aug-15	WMA Championships, Lyon, France
400m	W50	66.66	Annie	Bunting	27-Jun-15	OMA Champs, Terry Fox Field, Brampton, ON
400m	W55	72.02	Heather	O'Hagan	28-Aug-16	Americas Masters Games, Vancouver, BC
400m	W70	97.65	Clara	Northcott	16-Aug-25	AO Masters Champs
800m	M30	1:58.65	Connor	Bays	21-Jul-2024	AO Open Championships
800m	M35	1:57.44	Connor	Bays	15-Jul-2025	York University Twilight Meet #4
800m	M40	2:02.59	Jay	Brecher	10-Jul-2015	Speed River Twilight #3, Guelph, ON
800m	M45	01:55.3	Mike	Sherar	20-Jul-2010	Toronto, ON
800m	M50	2:01.06	Mike	Sherar	23-Jun-2014	Hamilton Twilight #1, Hamilton, ON
800m	M55	2:08.34	Paul	Osland	5-Aug-2019	Hamilton, ON
800m	M60	2:13.16	Simon	Rayner	10-Jul-2025	UTTC 800 Night
800m	M65	2:29.77	John	Helliker	7-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
800m	M70	3:08.84	Vern	Christensen	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
800m	M75	3:13.27	Keijo	Taivassalo	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
800m	M80	3:24.06	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre Toronto, ON
800m	W30	2:02.90	Sasha	Gollish	10-Jun-2015	Victoria Intl Track Classic, Victoria BC
800m	W35	2:08.91	Sarah	Katz	28-Jun-2014	Nat Champs Qualifier, Moncton, NB
800m	W40	2:34.41	Amy	Ballon	7-Aug-2015	WMA Championships, Lyon, FR
800m	W45	02:23.5	Annie	Bunting	July, 2011	WMA Championships, Sacramento, CA
800m	W50	02:25.6	Annie	Bunting	18-Jun-2015	Hamilton Twilight #1, Hamilton, ON
800m	W55	2:38.96	Heather	O'Hagan	14-Aug-2016	CMA Champs York Lions Stadium Toronto ON
800m	W60	2:43.17	Alison	Wiley	2024	WMA Gothenburg
800m	W65	3:09.56	Rita	Botelho	7-Jul-2026	UTTC 800 Night
800m	W70	3:34.34	Clara	Northcott	16-Aug-2025	AO Masters Championships
1500m	M35	4:07.41	Jay	Brecher	July, 2011	WMA Champs, Sacramento, CA
1500m	M40	4:14.25	Jay	Brecher	7-Aug-2017	Hamilton Last Chance Twilight, Hamilton, ON
1500m	M45	4:07.17	Paul	Osland	July-2009	WMA Champs, Lahti, FI
1500m	M50	4:16.34	Paul	Osland	5-Nov-2016	WMA Championships, Perth, AU
1500m	M55	4:27.10	Stuart	Galloway	19-Jun-2016	LDS, 1500m Night, London, ON
1500m	M60	4:35.66	Simon	Rayner	22-Jul-2024	UTTC Twilight Meet

1500m	M65	5:02.71	John	Helliker	30-Jul-2016	OMA Champs, Varsity Centre Toronto, ON
1500m	M70	6:30.74	Vern	Christensen	12-Aug-2015	WMA Championships, Lyon, FR
1500m	M75	6:18.07	Keijo	Taivassalo	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
1500m	M80	6:57.64	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre Toronto, ON
1500m	W30	4:07.08	Sasha	Golish	21-Jun-2015	RCLDS #4, 1500 Night, London, ON
1500m	W35	4:07.70	Sasha	Golish	18-May-2017	USATF Classic, Los Angeles, CA
1500m	W40	5:03.22	Leanne	Shafir	12-Jul-2014	CMA Champs, Varsity Centre, Toronto, ON
1500m	W45	4:54.26	Annie	Bunting	July 2011	WMA Championships, Sacramento, CA
1500m	W50	5:01.73	Annie	Bunting	14-Aug-2015	WMA Championships, Lyon, FR
1500m	W60	5:24.96	Alison	Wiley	2022	WMA Tampere
1500m	W60	5:35.44	Alison	Wiley	2024	WMA Gothenburg
1500m	W65	6:35.73	Clara	Northcott	14-Aug-2021	OMA Champs, York Lions Stadium Toronto, ON
3000m	M40	9:42.49	Philip	Oreopoulos	19-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
3000m	M45	10:16.07	Philip	Oreopoulos	20-Jun-2017	York Twilight #2, Toronto, ON
3000m	M50	9:44.41	Paul	Osland	20-May-2014	Twilight #2, Varsity Centre, Toronto, ON
3000m	M55	9:51.75	Stuart	Galloway	9-Jun-2017	Hamilton Twilight #2, Hamilton, ON
3000m	M60	10:18.79	Simon	Rayner	13-Jul-2025	Hamilton Twilight Meet
3000m	M70	15:32.77	Gary	McColeman	20-May-2014	Twilight #2, Varsity Centre, Toronto, ON
3000m	W30	9:00.42	Sasha	Golish	15-Jul-2016	Gothenburg Grand Prix, Gothenburg, SWE
3000m	W45	11:01.61	Amy	Ballon	2-Aug-2017	Hamilton PB Twilight, Hamilton, ON
3000m	W50	15:44.37	Nicky	Slovitt	4-Jun-2016	OMA Mini Meet Varsity Centre, Toronto ON
3000m	W55	11:54.43	Makie	Ohler	10-Jul-2018	YUTC Twilight #6, Toronto, ON
3000m	W60	13:00.45	Lynn	Kobayashi	19-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
5000m	M35	17:52.99	Ming	Tsai	29-Jul-2012	OMA Champs, Varsity Centre, Toronto, ON
5000m	M40	16:44.02	Philip	Oreopoulos	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000m	M45	19:47.45	Nathan	Taback	7-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
5000m	M50	16:43.58	Stuart	Galloway	28-Jun-2015	RCLDS #5, London, ON
5000m	M55	16:37.85	Stuart	Galloway	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000m	M60	18:42.11	Simon	Rayner	3-Aug-2025	CMA Champs Laval
5000m	M65	22:26.30	Tony	Farr	22-Jun-2019	OMA Championships, Varsity Centre, Toronto, ON
5000m	M70	24:16.23	Tony	Farr	16-Aug-2025	AO Masters Championships
5000m	M75	22:30.10	Keijo	Taivassalo	27-Jun-2015	CMA Champs, Terry Fox Field, Brampton, ON
5000m	M80	22:53.27	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre, Toronto, ON
5000m	W30	15:35.16	Sasha	Golish	1-May-2016	Payton Jordan, Stanford, CA
5000m	W35	15:24.12	Sasha	Golish	16-Jun-2017	Stumptown Classic, Portland, OR
5000m	W40	18:51.51	Leanne	Shafir	7-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
5000m	W45	19:18.33	Amy	Ballon	13-Aug-2017	NCCWMA Championships, Toronto, ON
5000m	W50	27:54.24	Nicky	Slovitt	7-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
5000m	W55	19:26.71	Makie	Ohler	12-Sep-2018	WMA Championships, Malaga, Spain
5000m	W60	20:29.80	Makie	Ohler	28-Jul-2023	OMA Outdoor Championships
5000m	W65	24:48.39	Clara	Northcott	6-Aug-2022	OMA Outdoor Championships
5000m	W70	26:13.80	Clara	Northcott	16-Aug-2025	AO Masters Championships
10,000m	M35	37:17.29	Ming	Tsai	July, 2011	WMA Championships, Sacramento, CA
10,000m	M40	38:41.19	Michael	Chang	18-Jun-2011	CMA Outdoor Champs, Varsity Centre
10,000m	M50	36:00.82	Simon	Rayner	13-May-2017	London Distance Series #1, London, ON
10,000m	M55	34:51.09	Stuart	Galloway	14-May-2016	London Distance Series #2, London, ON
10,000m	M60	41:09.99	Simon	Rayner	1-Aug-2025	CMA Champs Laval
10,000m	M75	46:59.18	Keijo	Taivassalo	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
10,000m	W55	41:22.83	Makie	Ohler	28-Jul-2018	USATF Masters Outdoor Champs, Spokane, WA
10,000m	W60	51:31.72	Clara	Northcott	5-Jul-2019	CMA Outdoor Champs, 2019, Ste-Thérèse, Québec
100m Hurdles	W35	18.28	Olivia	Rofael	16-Aug-25	AO Masters Champs
110m Hurdles	M35	15.25	Simon	Taggart	27-Jun-23	UTTC Twilight Meet #1, Varsity Centre
110m Hurdles	M40	18.16	Jordan	Rosenberg	10-May-11	UTTC Twilight Meet #1, Varsity Centre
110m Hurdles	M45	21.02	Marcus	Skeete	1/3-Nov-2014	Pan Pacific Masters Games, Goldcoast, Australia
110m Hurdles	M50	16.40	Marcus	Skeete	13-Jul-19	Spanish club championships, Madrid
110m Hurdles	M55	17.20	Marcus	Skeete	21-Sep-23	European championships, Pescara, Italy
100m Hurdles	M65	21.88	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
400m Hurdles	M45	62.47	Marcus	Skeete	29-Oct-16	WMA Championships, Perth, AU
400m Hurdles	M50	62.91	Marcus	Skeete	13-Jul-19	NCCWMA, UofT, Toronto
400m Hurdles	M55	67.78	Marcus	Skeete	5-Nov-22	Pan Pacific Games, Gold Coast, Australia
300m Hurdles	M60	70.50	Doug	Smith	12-Aug-12	NCCWMA Championships, Saint John, NB
400m Hurdles	W35	1:22.74	Olivia	Rofael	17-Jun-25	YUTC Twilight #3
400m Hurdles	W45	72.92	Kate	Cochrane-Brink	11-Aug-15	World Masters Championships, Lyon, France
Steeplechase 3K	M35	10:51.90	Gary	Pluim	17-Jul-2010	CMA Outdoor Champs, TTFC
Steeplechase	M40	11:12.0h	Philip	Oreopoulos	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M50	11:47.0h	Anthony	MacIsaac	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M55	15:04.99	Doug	Smith	July, 2011	WMA Championships, Sacramento, CA
Steeplechase 2K	M60	7:17.98	Simon	Rayner	16-Aug-2025	AO Masters Champs
Steeplechase	M65	11:08.16	Wayne	Chee	6-Aug-2022	OMA Outdoor Championships
Steeplechase	M70	9:34.34	Vern	Christensen	18-Jul-2014	US National Champs, Winston-Salem, NC
Steeplechase	M75	9:47.96	Vern	Christensen	15-Jul-2016	US Masters Champs, Grand Rapids, MI
Steeplechase	M80	14:12.10	Vern	Christensen	16-Aug-2025	AO Masters Champs
Steeplechase	W45	8:13.42	Kate	Cochrane-Brink	6-Nov-2016	WMA Championships, Perth, AU
Steeplechase	W50	8:36.69	Kate	Cochrane-Brink	6-Jun-2019	OMA Championships, Varsity Centre, Toronto, ON
Steeplechase	W55	09:49.2	Catherine	Weber	2-Aug-2025	CMA Champs Laval

High Jump	M40	1.65	Chris	Lemassif	July-2011	UTTC Summer Series 2011
High Jump	M45	1.65	Marcus	Skeete	11/13-Aug-2017	NCCWMA Champs, York Stad, Toronto, ON
High Jump	M50	1.57	Marcus	Skeete	6-Aug-2018	Gay Games, Paris, France
High Jump	M55	1.50	Marcus	Skeete	16-Aug-2025	AO Masters Champs
High Jump	M60	1.45	Peter	Zowkewych	17/18-July-2015	CMA Champs, St. Catharines, ON
High Jump	M65	1.45	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
High Jump	M70	1.43	Peter	Zowkewych	27-Jul-2021	YUTC Twilight 2, Toronto ON
High Jump	M75	1.25	Peter	Zowkewych	9-Nov-25	NCCMA Champs - Mexico City
High Jump	W30	1.30	Julia	Carew	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
High Jump	W35	1.30	Olivia	Rofael	16-Aug-2025	AO Masters Champs
High Jump	W45	1.25	Sarah	Katz	24-Jun-2025	UTTC Twilight #3
Pole Vault	M45	2.34	Paul	Osland	25-Aug-2013	OMA Athletics Festival TTFC, Toronto, ON
Pole Vault	M50	2.40	Paul	Osland	5/6-Aug-2017	OMA Champs, Varsity Centre, Toronto, ON
Pole Vault	M65	2.30	Peter	Zowkewych	6/7-August-2016	US Decathlon Champs, Shoreline, WA
Long Jump	M30	5.78	Andre	Mitchell	18-Jun-2011	CMA Outdoor Champs, Varsity Centre
Long Jump	M40	6.80	Nigel	John	12-Jul-2014	CMA Champs, Varsity Centre, Toronto, ON
Long Jump	M45	5.58	André	Mitchell	1-Nov-2023	Gay Games Guadalajara Mexico
Long Jump	M50	5.01	Alex-Bobbie	Mason	9-Dec-2023	Gay Games - Guadalajara, Mexico
Long Jump	M60	3.87	Peter	Zowkewych	19-24 Aug-2014	NCCWMA Champs, San Jose, CR
Long Jump	M65	4.09	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
Long Jump	M75	2.48	Patrick	Groulx	11/13-Aug-2017	NCCWMA Champs, York Stad, Toronto, ON
Long Jump	W30	5.06	Claudia	Pedrero	18/21-July-2019	NCCWMA Champs, Toronto, ON
Long Jump	W35	4.37	Olivia	Rofael	27-Jun-25	AO Combined Events Champs
Long Jump	W40	4.38	Frida	Jones	16-Aug-2025	AO Masters Champs
Long Jump	W45	4.30	Sarah	Katz	27-May-2025	UTTC Twilight #1
Long Jump	W50	3.14	Theresa	Rozario	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Triple Jump	M30	11.33	Nicolas	Kerebel	18/21-July-2019	NCCWMA Champs, Toronto, ON
Triple Jump	M45	10.05	André	Mitchell	1-Nov-2023	Gay Games Guadalajara Mexico
Triple Jump	M65	7.22	Peter	Zowkewych	31-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Triple Jump	M70	9.04	Peter	Zowkewych	27-Jul-2021	YUTC Twilight 2, Toronto. ON
Triple Jump	M75	7.97	Peter	Zowkewych	8-Nov-25	NCCMA Champs - Mexico City
Triple Jump	W35	9.15	Olivia	Rofael	16-Aug-2025	AO Masters Champs
Triple Jump	W40	9.61	Frida	Jones	16-Aug-2025	AO Masters Champs
Discus	M35	32.52	Gintaras	Batura	29-Jul-2012	OMA Champs, Varsity Centre, Toronto, ON
Discus	M40	33.06	Jordan	Rosenberg	27-Jun-2010	OMA Champs, TTFC
Discus	M45	21.03	André	Mitchell	1-Nov-2023	Gay Games Guadalajara Mexico
Discus	M50	22.32	Alex-Bobbie	Mason	9-Dec-2023	Gay Games - Guadalajara, Mexico
Discus	M60	31.12	Peter	Zowkewych	23-May-2015	Throwers Meet #1, Mohawk Park Hamilton ON
Discus	M65	31.40	Peter	Zowkewych	5-Sep-2017	Throwers Meet #3, TTFC, Toronto, ON
Discus	M70	14.90	Gary	McColeman	12-Aug-2016	CMA Champs Throws Pentathlon Toronto ON
Discus	M75	18.20	Patrick	Groulx	11/13-Aug-2017	NCCMA Champs, York Stad, Toronto, ON
Discus	W30	51.73	Marie-Josée	Le Jour	12-Sep-2013	Les Jeux Francophonie, Nice, FR
Discus	W35	48.79	Marie-Josée	Le Jour	24-Jun-2014	National de Romans, Romans-sur-Isere, FR
Discus	W45	20.67	Christine	Williams	19-Jun-2011	CMA Outdoor Champs, Varsity Centre
Discus	W50	25.80	Brigitte	Luzar	19-Jun-2011	CMA Outdoor Champs, Varsity Centre
Javelin	M40	41.00	Jordan	Rosenberg	10-May- 2011	UTTC Twilight Meet #1, Varsity Centre
Javelin	M45	30.30	Paul	Osland	19-Jun-2011	CMA Outdoor Champs, Varsity Centre
Javelin	M50	29.47	Paul	Osland	29-Jun-2014	OMA Champs, Varsity Centre, Toronto, ON
Javelin	M60	34.04	Peter	Zowkewych	19-24 Aug-2014	NCCWMA Champs, San Jose, CR
Javelin	M65	34.15	Peter	Zowkewych	5/6-Aug-2017	OMA Champs, Varsity Centre, Toronto, ON
Javelin	M70	30.43	Peter	Zowkewych	15-Aug-2021	OMA Champs, York University Toronto, ON
Javelin	M75	27.33	Peter	Zowkewych	13-Sep-25	Ontario Throws Champs, Brampton
Javelin	W30	15.60	Joan	Chung	13-Jul-2014	CMA Champs, Varsity Centre, Toronto, ON
Javelin	W35	32.99	Marie-Josée	Le Jour	11-Jul-2014	Throws Pentathlon, Hamilton, ON
Javelin	W50	22.71	Brigitte	Luzar	19-Jun-2011	CMA Outdoor Champs, Varsity Centre
Javelin	W55	13.25	Katherine	Willis	13-Jul-2014	CMA Outdoor Champs, Varsity Centre, Toro
Shot Put	M35	11.13	Gintaras	Batura	29-Jul-2012	OMA Champs, Varsity Centre, Toronto, ON
Shot Put	M40	6.94	Bill	Wells	11/13-Aug-2017	NCCWA Champs, York Stad, Toronto, ON
Shot Put	M45	8.00	André	Mitchell	1-Nov-2023	Gay Games Guadalajara Mexico
Shot Put	M50	7.74	Alex-Bobbie	Mason	9-Dec-2023	Gay Games - Guadalajara, Mexico
Shot Put	M60	10.99	Peter	Zowkewych	29-Jun-2014	OMA Champs, Varsity Centre, Toronto, ON
Shot Put	M65	11.10	Peter	Zowkewych	14-Jul-2016	US Masters Champs, Grand Rapids, MI
Shot Put	M70	11.98	Peter	Zowkewych	20-Jul-2021	YUTC Twilight 1, Toronto, ON
Shot Put	M75	11.36	Peter	Zowkewych	13-Sep-25	Ontario Throws Champs, Brampton
Shot Put	W35	12.87	Marie-Josée	Le Jour	24-Jun-2014	National de Romans, Romans-sur-Isere, FR
Shot Put	W45	8.59	Christine	Williams	July, 2011	WMA Championships, Sacramento, CA
Shot Put	W50	6.03	Theresa	Rozario	31-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Shot Put	W55	5.70	Katherine	Willis	12-Jul-2014	CMA Champs, Varsity Centre, Toronto, ON
Hammer	M35	3.79	Gintaras	Batura	29-Jul-2012	OMA Champs, Varsity Centre, Toronto, ON
Hammer	M50	47.94	Ayman	Mazhar	28-Jun-2014	OMA Champs, Varsity Centre, Toronto, ON
Hammer	M55	41.23	Ayman	Mazhar	17/18-July-2015	CMA Champs, St. Catharines, ON
Hammer	M65	19.15	Peter	Zowkewych	9-Jul-2016	Throwers Meet #2, TTFC, Toronto, ON
Hammer	M70	15.33	Gary	McColeman	9-Jul-2016	Throwers Meet #2, TTFC, Toronto, ON
Hammer	M75	20.12	Patrick	Groulx	May28,2018	Throwers Meet #1, TTFC, Toronto, ON
Hammer	W35	50.20	Marie-Josée	Le Jour	17-May-2014	Throws Pentathlon, TTFC, Toronto, ON